



## **What are Evidence-based Practices?**

Evidence-based practices are those clinical and administrative practices that show explicit expected results on a consistent basis. These practices are not only specific to research settings (controlled and clinical trials) but they have been shown to be successful in real world settings as well. These real world settings include successful practices found in the juvenile justice system, child welfare, and community mental health.

In evidence-based practices, there are certain predefined approaches that are tailored to reach specific outcomes or goals. The anticipated outcome or goals to be achieved are acknowledged at the onset so the appropriated evidence-based practice can be selected to achieve the aforementioned outcomes. It is important to be cognizant of the desired end goal of the program before choosing what evidence-based practice to implement to ensure the highest chance of success.

## **Examples of Successful Evidence-based Practices/Interventions**

Motivational Interviewing: The goal of this evidence-based practice is to establish and improve communication with youth. By forming this line of communication, rapport is built and the youth can be motivated to change their behaviors and shy away from delinquency.

Functional Family Therapy (FFT): This intervention program focuses on services for youth and their families. FFT is a high-quality intervention and is relatively short-term. The program averages twelve (12) to fourteen (14) sessions over a span of three (3) to five (5) months. The key for this program is the ideals of acceptance and respect. Services provided can range from clinical to home settings and are also found in schools, mental health facilities, and in child welfare facilities.

Multisystemic Therapy (MST): MST is a community and family-based treatment program. This program is very intensive and focuses on a litany of environmental systems which are known to impact juvenile offenders. MST attempts to help youth cope with issues that may arise in these environmental systems in a prosocial way and not resort to antisocial or delinquent behaviors.

Multidimensional Treatment Foster Care (MTFC): The MTFC program was developed as an alternative to detention and group care facilities. MTFC is primarily used when intensive services, both in-home and out-of-home, have proven unsuccessful. The basis of MTFC is behavioral therapy and promotes parental supervision to involve

the youth in prosocial behaviors while extricating them from antisocial behaviors and negative peer influences.

### **Juvenile Assessment Centers (JAC)**

Juvenile Assessment Centers help to fill the void that may be seen in the range of treatments and programs for delinquent youth or those that may be at-risk of engaging in antisocial behaviors. Juvenile Assessment Centers are able to incorporate numerous services and programs in an economic and cohesive manner by eradicating any unnecessary repetition of efforts from different entities and increasing accountability of providers, all while strengthening relationships between agencies that have an interest in delinquent and at-risk youth, their families, and the community at large. JACs have the ability to provide youth with a greater array of services, at a reduced cost to operate. JACs typically work with both youth and their families and administer a customized approach focused on the achievement of prosocial outcomes.

### **Helpful Resources:**

#### **General EBP:**

<http://jjie.org/hub/evidence-based-practices/> (Website)—Juvenile Justice Information Exchange’s summary of Evidence-Based Practices. Provides an overview as well as breaking down more information by topic (issues, trends, resources, etc.)

<http://www.modelsforchange.net/publications/281> (Resource) — an overview of Evidence-Based Practices and their implementation. This manual is tailored to human service administrators as well as practitioners.

[http://www.srkd.org/sites/default/files/documents/spr\\_25\\_no\\_1.pdf](http://www.srkd.org/sites/default/files/documents/spr_25_no_1.pdf) (Resource) — a social policy report that was put together through the Society for Research in Child Development. This report is focused on ‘Evidence-Based Interventions for Juvenile Offenders and Juvenile Justice Policies that Support Them.’

#### **FFT Resources:**

<http://www.fftllc.com/about-fft-training/clinical-model.html> (Website)—a website provided by Functional Family Therapy LLC that outlines FFT. The website provides information about the program model, intended outcomes, training in FFT, implementation of the program to name a few.

<http://www.blueprintsprograms.com/factsheet/functional-family-therapy-fft>

(Website)—an overview of Functional Family Therapy created by the Blueprint Program for Positive Youth Development. The website includes certain descriptions of the program itself, costs and funding strategies for implementing funding streams including other useful resources.

### **MST Resources:**

<http://msts services.com/what-is-mst/what-is-mst> (Website)—the websites gives an overview of Multisystemic Therapy including the nine principles of the program. This website also includes general overviews of Evidence-Based Programs. Along with overviews of this specific practice, the website provides information about teams, networks, and trainings.

<http://www.blueprintsprograms.com/factsheet/multisystemic-therapy-mst> (Website)—an overview of Multisystemic Therapy created by the Blueprint Program for Positive Youth Development. The website includes certain descriptions of the program itself, costs and funding strategies for implementing funding streams including other useful resources.

### **JAC Resources:**

<http://jac18.org/> (Website)—an overview of the Juvenile Assessment Center, based out of Colorado. This website provides the history, mission and goals of the program. Along with this information, specifics are provided that discuss elements of the Juvenile Assessment Center's structure and partners.

[Model Programs Guide](#) (Website)—The Office of Juvenile Justice and Delinquency Prevention's (OJJDP's) online Model Programs Guide (MPG) contains information about evidence-based juvenile justice and youth prevention, intervention, and reentry programs. It is a resource for practitioners and communities about what works, what is promising, and what does not work in juvenile justice, delinquency prevention, and child protection and safety. MPG uses expert study reviewers and [CrimeSolutions.gov's](#) program review process, scoring instrument, and evidence ratings. The two sites also share a common database of juvenile-related programs.

[CrimeSolutions.gov](#) (Website)—The National Institute of Justice's CrimeSolutions.gov uses research to rate the effectiveness of programs and practices in achieving criminal justice related outcomes in order to inform practitioners and policy makers about **what works, what doesn't, and what's promising in criminal justice, juvenile justice, and crime victim services**. The purpose of CrimeSolutions.gov is to assist in practical decision-making and program implementation by gathering information on specific justice-related programs and practices and reviewing the existing evaluation and meta-analysis research against standardized criteria.

[National Registry of Evidenced-based Programs and Practices](#) (Website)–The Substance Abuse and Mental Health Services Administration’s National Registry of Evidence-based Programs and Practices (NREPP) promotes the adoption of scientifically established behavioral health interventions. NREPP was developed to help the public learn more about evidence-based interventions that are available for implementation. [NREPP's Learning Center](#) offers resources to support the selection and adoption, implementation, and evaluation of evidence-based programs and practices. There is a feature on the site where users can search the database to find interventions reviewed by NREPP.

[Blueprints for Healthy Youth Development](#) (Website)–helps you easily identify evidence-based programs that help young people reach their full potential. Get ahead of serious challenges that influence children's success with programs that have the highest standards for promoting prosocial behavior, academic success, emotional well-being, physical health and positive relationships.

[Juvenile Detention Facility Assessment: 2014 Update](#) (Resource)—This publication, produced by the Annie E. Casey Foundation, provides a guide to help Juvenile Detention Alternatives Initiative sites improve conditions in juvenile detention facilities. Since 2004, officials in JDAI sites have assessed, improved and monitored conditions in juvenile detention facilities using a set of standards published by the Foundation. We include this publication because of its section, and the related standards, on juvenile classification and intake.